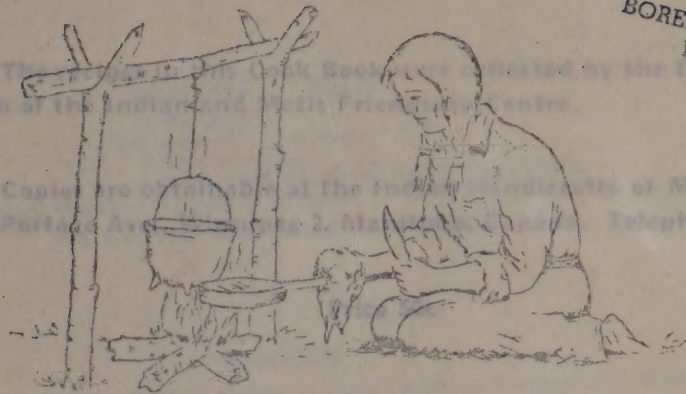


OLD TIME RECIPES

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OF MANITOBA INDIANS

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POLARPAM


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The recipes in this Cook Book were collected by the Indian Ladies' Club of the Indian and Metis Friendship Centre.

Copies are obtainable at the Indian Handicrafts of Manitoba Inc.,
470 Portage Ave., Winnipeg 2, Manitoba, Canada. Telephone 783-9601.

Price 50c

PENNECOT

Small dried beans in their pods on a piece of clean canvas or cloth in line straight.
Poke the pointed end over to you. Lay flat. 

DRIED FISH

Clean and fillet fresh fish. Hang in to dry in sun, do this old fish. Take Whipped
Custard. Place in and over a small stove. In a small stove. Take and
sprinkle. Cook all winter.

ACORN SOUP (California Indian)

Make in the Fall when acorns are ripe. Grind the acorns between rocks. Fan the acorns with a fanning basket. The fine parts will stick to the basket. Put the fine meal in a wooden bin. Pour warm water over it three or four times to take out the bitter taste. Put acorn meal and water in a cooking basket (made with roots). Drop in a very hot rock. Keep turning the rock with a wooden spoon. Sometimes one rock will cook the soup.

* * *

MOSS BERRY RELISH

5 lbs. berries
3½ cups of brown sugar
2 cups of vinegar
2 tbsps. each cinnamon, cloves and allspice

Boil together 2 hours. Excellent for cold or hot meat.

Mrs. Nan Grey Eyes, Petersfield, Manitoba

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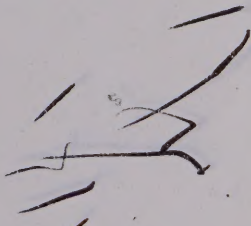
PEMMICAN

Pound dried Moose or Deer meat on a piece of clean canvas or stone, to fine crumbs. Pour hot melted moose fat over in pan. Let freeze. Serve cold. Very rich.

* * *

DRIED FISH

Clean and fillet fresh fish. Hang it to dry in sun. (In the old days, Lake Winnipeg Goldeye.) Place on rack over a smouldering fire, in a small shack. Takes only an afternoon. Good all Winter.



ROASTED RABBIT WITH BACON

Skin rabbit and draw it.
Wash and cut up.
Place in roaster with strips of
bacon and salt and pepper.
Bake in a medium oven.

* * *

MALLARD DUCK SOUP

Pluck and clean duck.
Wash and cut up.
Put in a pot with water and salt and pepper.
Thicken with flour.
Vegetables may be used for added flavor.

* * *

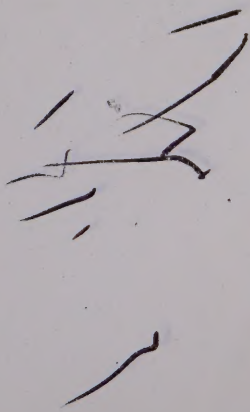
BAKED SKUNK

Clean, skin, wash. Bake in oven with salt and pepper.
Tastes like rabbit. (No smell.)
Skunk fat very good for
whooping cough.

* * *

BEAR FAT PASTRY

1½ cups flour
½ tsp. salt
⅓ cup Bear fat (From a little black bear that was eating berries.)
Makes rich white pastry.



BANNOCK — For a Small Bannock

- 3 cups of flour
- 1 tsp. of baking powder
- A dash of salt
- 2 tbsps. lard
- Water

Put dry ingredients in a bowl. Make a little well and pour the water in. Mix up into a dough and knead it. Flatten it out and put in the frying pan. You can cook on hot ashes, over an open fire or in the oven. Especially good fresh, eaten with lard. (Can also be made with boiled potatoes added.)

* * *

These Recipes Are Borrowed From Our Neighbors to the South

BOILED PARTRIDGE (pin-a-ow)

Gut bird and remove craw immediately after killing. Remove feathers.

Thicken broth with flour, salt and pepper.

Grouse, Prairie Chicken, Rabbit, Squirrel meat are delicious cooked in the same way.

Vegetables may be added for flavor.

* * *

HARD TIME PUDDING

- 1 cup flour
- 2 tsp. baking powder
- $\frac{1}{8}$ tsp. salt
- 2 tbsps. sugar
- 2 tbsps. shortening
- 1 cup raisins
- $\frac{1}{2}$ cup of milk

Sift dry ingredients and mix in shortening and raisins. Gradually add milk.

Put in a buttered pan. Pour sauce over batter and bake $\frac{1}{2}$ hour.

SAUCE

- 1 cup of brown sugar
- 1 tbsps. butter
- $1\frac{3}{4}$ cups of boiling water

CANNED VENISON

Cut all meat off the bone.

Put in pot and boil for 20 minutes.

Then put in sterilized sealers, add liquid from the meat to almost full.

Add $\frac{1}{2}$ tsp. salt to each jar and cook in canner for 3 hours. Seal tight.

* * *

CANNED FISH

Use fresh fish, well cleaned and washed.

Cut fish in good size chunks. Put in pot and pour boiling water over fish. Take chunks out and put in sealers. To each quart add 1 tsp. salt, 1 tblsp. vinegar.

Cover with liquid, seal and cook for 3 hours. (If there isn't enough liquid from pot, use boiling water.) Seal tight.

* * *

CRANBERRY JAM

(OPEN KETTLE CANNING)

Take any amount of cranberries. Put in kettle and almost cover with water.

Let boil for 10 minutes or longer. Then take off stove, crush berries with potato masher and when cool, use colander or ricer to get all pulp from berries.

Then measure pulp and to every 2 cups pulp, add 1 cup of sugar. Boil hard for 10 minutes and seal.

Mrs. Nan Grey Eyes, Petersfield, Manitoba



SOUR DOUGH BREAD

To make starter—soak yeast in $\frac{1}{2}$ cup warm water.
Make batter of 4 cups flour and $\frac{1}{2}$ cup sugar and warm water.
(Add soaked yeast.)
Let this work for 2 or 3 days.
Carry this in a covered lard pail.
On making camp, remove 2 cups starter and set aside for the future.
To the rest, add 4 cups of flour, 1 or 2 tsps.
of baking powder and water to make a dough.
Let this rise in a dishpan near the stove or campfire.
Work down and divide into portions in lard pails.
Let rise double. Put the lid on tight and bury
in the camp fire coals to bake.

* * *

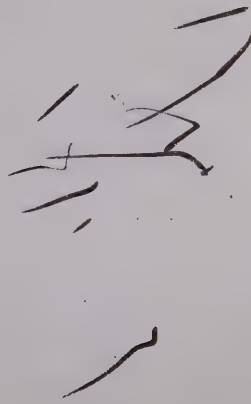
WILD MOSSBERRIES

Pick wild mossberries in October, when they are nice and firm.
Store them outside all Winter and use as you need them for pie and jam.

* * *

MOOSE NOSE

Singe moose's nose over open fire.
Scrape clean and scald.
Wash again.
Boil with salt and pepper for at least two hours.
Slice and serve cold.



Borrowed from Our Neighbors to the South — Courtesy
Intertribal Friendship House, Oakland, California

ROAST QUAIL (Choctaw)

Use a freshly killed plump quail. Gut quail leaving feathers on. Salt inside. Wrap quail in wet red clay, making a round ball. Roast in ashes and coals from hickory wood fire. When clay cooks dry and cracks—quail is done. Peel off clay and feathers come with it. Delicious.

* * *

SOUTHWEST PAPER BREAD (Acoma)

Take 3 or 4 handfuls of corn meal and a little salt. Add enough water to make a gruel. Cook until it is like porridge. Heat a very big flat rock on your open fire. The rock must be hot enough to make a drop of water fly off. Take some of the dough in your hand, and quickly wipe it across the rock. It cooks right away, so peel it off when it ruffles on the edges. The best paper bread is very thin.

* * *

Borrowed from Our Neighbors to the South — Courtesy
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BARBECUED DEER (Mono)

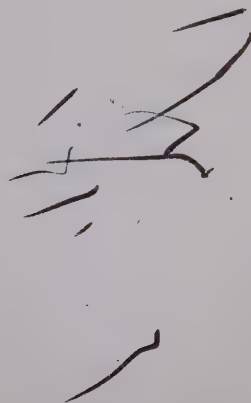
Dig a pit. Put rocks inside and build a fire on them. When coals are formed, cover with a piece of tin. Wrap venison in layers of butcher paper, then in a gunny sack. Place on tin and cover with another piece of tin. Build a fire on top piece of tin. Let it burn for a couple of hours, then cover it well with dirt. Next day about noon, uncover the meat and serve. Juicy and wonderful flavor.

* * *

PEMMICAN (Chippewa)

- 1 pound dried meat (beef or venison)
- $\frac{3}{4}$ pound dried and crushed choke cherries
- Sugar to taste (add last)
- Fresh suet enough to hold together.

Grind meat, berries and suet in meat grinder. Add sugar. Mix thoroughly and serve.



FISH BALLS

Boil fish.
Remove all the bones.
Add salt and pepper, onions and one egg.
Form into balls and fry.

• • •

FRIED WILD RICE

Cook one cup of Indian wild rice.
After it has been drained, while it is still hot, pack tightly into a well-greased mold.
Chill overnight. Slice thick and fry in bacon drippings or butter.
Serve with plenty of butter, maple syrup and bacon or fresh fried fish.

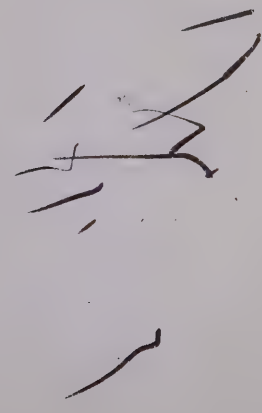
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ROSE HIP JAM

(3 ROSE HIPS EQUAL 1 ORANGE IN VITAMIN C)

Gather hips after first frost.
Dry and store in tins.
When ready to use, cover with water and simmer until soft.
Mash with potato masher.
Press through collander.
Boil $\frac{2}{3}$ cup sugar to one cup pulp.
Store in small jars, as once opened it does not keep.
You can add this to cranberry jam to improve the taste and add vitamins.
Indians pound rose hips into their pemmican, too.

Mrs. Nan Grey Eyes, Petersfield, Manitoba



WILD PLUM JAM

Wash and pick over plums.
Remove pits from all but one-fifth.
Add $3\frac{1}{2}$ cups sugar.
Mix well till all plum coated.

Let stand overnight.
Add 4 cups of water.
Simmer slowly $\frac{1}{2}$ hour.
Boil hard last ten minutes and seal.

Mrs. Nan Grey Eyes, Petersfield, Manitoba

* * *

OLD FASHIONED RICE PUDDING

1 cup of rice
2 tbsp. moist sugar
1 quart milk

$\frac{1}{2}$ oz. chopped butter suet
 $\frac{1}{2}$ tsp. grated nutmeg
Vanilla

Put rice, milk and sugar in a pie dish. Stir. Add the butter.
Grate the nutmeg on top. Bake $1\frac{1}{2}$ to 2 hours.

From Mrs. Beeton's Cook Book — 1850

* * *

PICKLED BEAVER TAIL (Chippewa)

Remove tail from body. Singe over open flames, until outer skin curls. Peel.
Soak tail in salt water 2 to 3 hours.
Boil until tender in salted water.
Marinate in vinegar, chili, and use as needed.

* * *

Borrowed from Our Neighbors to the South — Courtesy
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FRIED BREAD (Navaho)

4 cups flour
4 tsp. baking powder
1 tsp. salt

Milk to make it of biscuit dough consistency. Knead well as for yeast bread.
Take $\frac{1}{2}$ of dough and roll to pie crust size, (will be thicker than pie crust).
Cut into 4 pieces and fry in iron skillet in fat (at least 4 inches deep).

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